

# The Swimmer who did not hang up her Togs

In fact they were still wet when she died at her regular training session at the Tepid Baths, Auckland on April 7<sup>th</sup> 2004.

Joan (Hastings) Monahan - aged 79, had a swimming career which spanned some 70 years.

A few snippets from her amazing zest for life:

She won a silver medal at the 1950 Empire Games as a member of the women's 4 x 110yds freestyle relay team. All four members of that team were at the Friday night session of the NZ Open Championships at Henderson, a few days before she died.

She has held several world Masters Records. The recent issue of "Master Scrawl" magazine covers the last 20 years of the discipline - and featured a photo of Joan when she set a 1500m world record for 60 – 64yrs grade in 1987. She currently holds twelve NZ long course Masters Records and 24 NZ short course records. In the 2000 world top ten masters rankings Joan was listed in five events in the 75-79 year olds grade, despite a double heart by-pass operation in 1993.

In the 2002 world masters championships in Christchurch Joan won a bronze medal in the 50m backstroke in the same grade.

Pool swimming was only part of her activities. Open water swims, Round the Bays fun runs, and indoor rowing were included in her keep fit programme.

When interviewed once, she said "You are what you eat – so I eat fast-food". And her love of life included lining up for a bungee jump, when the notice advertising this offered a free jump for those over 70 years of age. She did it in spite of her previous heart problems.

And as a member of the New Zealand Swimming Trust, Joan continued to show her interest in supporting current swimmers. An inspiration to all.